

**MHSAA DIVISION 3 REGIONAL TRACK AND FIELD MEET
SATURDAY, MAY 20, 2023
STOCKBRIDGE HIGH SCHOOL**

Welcome to the Division 3 Region 28 Track & Field Meet hosted by the Stockbridge Panthers at our athletic complex. Enclosed you will find directions for your entries and additional regional information. Entries are due online on **athletic.net** no later than **Tuesday, May 16th 2023 at 11:59 pm**. The late fee is \$50 for any entries after 11:59 PM. This only includes clerical errors and not the addition of athletes.

Reminder: please forward a copy of your school's Master Eligibility List as soon as possible. If you have any questions, please feel free to contact us:

Ernie Rivers, Athletic Director; (928) 660-2436 or riverse@panthernet.net
Chuck Bumpus, Boyss Coach; (517) 416-7912 or Cbumpus1@gmail.com
Jacob Robidou, Girls Coach; (517) 262-0875 or robidouj@panthernet.net

We look forward to seeing you Saturday morning, May 20, 2023 at our regional Coaches meeting behind the starting line on the infield of the track.

PARTICIPATING SCHOOLS (18 girls and boys) AT THIS REGIONAL #28

Almont
Arts & Technology Academy of Pontiac
Brighton Charyl Stockwell Prep
Burton Atherton
Burton Bendle
Burton Madison Academy
Byron
Dearborn Advanced Tech Academy
Detroit Communication Media Arts
Detroit Community

Detroit Cristo Rey
Detroit Jalen Rose Leadership Academy
Detroit Loyola
Detroit Old Redford
Detroit Voyageur College Prep
Durand
Southfield Bradford Academy
Stockbridge
Wixom St Catherine

LIVE RESULTS: Will be available at athletic.net We will be announcing results, but we will not be posting paper copies of the results. QR codes will be provided to access the results.

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ATHLETIC COMPLEX ADDRESS: 416 N Price Stockbridge Michigan 4928

MEDALS & TROPHIES: Medals will be placed into an envelope for each school and maybe picked up at the end of the meet. A trophy presentation will be held at the end of the regionals.

ENTRIES: Coaches are allowed to enter a maximum of 3 athletes per individual event. Only 2 athletes will be allowed to compete on meet day unless all three entries have met the additional qualifying Regional standard. If a team has 4 or more athletes that have all met the Regional standard, all may be entered and compete on meet day. Coaches must scratch the additional athlete(s) if not the slowest runner will be scratched and no additional changes will be allowed after the fact.

SCRATCHES: You must scratch down to 2 athletes on Saturday unless all have hit the additional qualifying standard.

FAT Conversion: All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24 (done by athletic.net)

Example Hand Time = 11.51

Converted FAT Time = 11.84

(11.51 round to tenth is 11.6 add .24 is 11.84)

TIMING: Thering track timing will be our timing company for this event. Live results will be available at athletic.net

COACHES MEETING: Will be on the infield behind the timers tent at 9:40 a.m.

ATHLETE CHECK IN PROCEDURE: The common clerking area will be at the start of the 100 and 110h area under the large tent canopy. Heat and lane information will be available at the start line canopy with the clerk. All athletes must check in by second call.

There are very few scratches at a Regional Final; however, it is possible that scratches could result in changing of heats after the start of the meet, so athletes should be in the clerking area in a timely manner.

Athletes for ALL running events should be in the clerking area by 2nd call. If there are scratches beyond the scratch period, please communicate these to the meet clerk so plans can be made if necessary.

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The meet clerk will be lining up athletes at their respective starting lines; i.e. 200 & 300h will be lined up at their starting lines. Distance races will be walked down the track after being lined up in the clerking area.

SCRATCHES: Field event and prelim scratches will be done at the back of the timing tent on the infield by 9:40 AM, at the beginning of the coaches meeting. All remaining scratches will be due to the press box with the Thering timing at 12:30 PM or 15 minutes after the last prelim.

TEAM PARKING: Buses will drop off student-athletes at the entrance to the stadium and then will park across the street from the high school in the gravel parking lot next to the plowed fields.

SPECTATOR PARKING: Parking is available in front of the high school and north of the high school. Parking is also available along the road; those trying to enter the complex without paying will be asked to leave.

TEAM TENTS: Tents are **not** allowed on the infield or along the fence by the finish line. Team tents may be placed on the football practice field east of the stadium.

ADMISSION / TICKETS: \$7 MHSAA admission. We will be using **GoFan**. There is a small fee associated with using GoFan. Link will be sent out the week of Regionals. No passes will be accepted and no cash sales at the gate.

CONCESSION: Concessions will be available in the building to the north of the track.

LOCKER ROOMS: Not available

INFIELD: Coaches **ARE** allowed on the infield. Athletes who are competing and those that are warming up for an upcoming event are as well. Spectators and athletes who are not competing should be outside the track. Meet officials need a clear view of the races, and athletes who aren't supposed to be on the infield risk disqualifying the very athlete(s) they are trying to support. PLEASE respect our flagged off areas on the infield, THIS INCLUDES COACHES.

- DO NOT CROSS THE FINISH LINE UNLESS IN A RACE
- **Always approach the timing tent from the backside.**

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EQUIPMENT INSPECTION: Inspection will take place in the bottom of the press box west of the field. Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place at the white shed behind our pressbox. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.

STARTING BLOCKS: Starting blocks are provided. No other blocks may be used.

SPIKES: 1/4" and shorter pyramid spikes only allowed.

TRACK & RUNWAY MARKING: Chalk only. No tape allowed. Please be considerate of others and keep your mark small.

FIELD EVENT AREAS: Only athletes that are competing are allowed inside the flagged off areas at our field events.

PETS: Per MHSAA, no pets will be allowed inside the track fence. Service animals with proper vestige and documentation are allowed.

EMERGENCIES: In case of severe weather, we will follow MHSAA protocol and postpone the meet. Coaches and athletes must go to their buses. If this were to happen, buses will be allowed to move into the main parking lot. All spectators should go to their vehicles.

ATHLETIC TRAINER: We will have a certified Athletic Trainer on site. Her tent will be located east of the finish line. Please ensure that athletes that need taped provide their own taping supplies. We will have a limited amount on hand.

EA Graphics: Will be available on site. Only credit cards will be accepted

MHSAA Officials
Starter - Keith Jones & Mike Raffin
Meet Referee: John Flott
Meet Monitor/asst to meet manager: Kim Spalsbury
Timer- Doug Thering and crew
Meet Clerk - Don Yuvan & Casey Kern

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TENTATIVE TIME SCHEDULE

8:30 a.m. Implements weighed, measured and marked.

8:30 a.m. Pole Vault – Boys pole vault check-in & warmups

9:30 a.m. Pole Vault – Boys first, followed by girls one hour after completion of last boy

9:40 a.m. Coaches meeting and scratch sheets due

10:00 a.m. **Field Events Begin: ODD YEAR: Girls Shot Put, Girls High Jump, Boys Long Jump, and Boys Discus**

- Opposite gender will begin 60 min. after completion of the prior gender.

11:00 a.m. **3200M Relay** (4 x 800) Girls will run first.

***Preliminaries will take place directly after the 3200 relay.

Preliminaries in the following Order: (If needed after scratches.)

100M Dash

100M Hurdles

110M Hurdles

200M Dash

12:30 p.m. or within 15 minutes after the conclusion of the prelims. Afternoon scratch sheets are due

*******Finals running events one hour after completion of the last preliminary******* There will not be any breaks after the running finals begin. Times given are only an estimation.

FINAL EVENTS BEGIN (Women run first)

100M Hurdles (Women)

110M Hurdles (Men)

100M Dash

800M Relay (4 x 200)

1600M Run

400M Relay (4 x 100)

400M Dash

300M Hurdles

800M Run

200M Dash

3200M Run

1600M Relay (4 x 400)

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FIELD EVENT INFO

EQUIPMENT INSPECTION: Inspection will take place in the bottom of the press box west of the field. Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place at the white shed behind our pressbox. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.

- The opposite gender will begin 60 min. after the completion of the first round of field events.

SHOT PUT & DISCUS:

- Three (3) preliminary throws (2+1) w/ finals (1+1+1).
- Top 9 throwers will advance onto the finals. Finals will begin 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your throwers to stay in the area.
- All throws will be measured, and their best throw from prelims and finals will be counted.
- Throwers will be given one warm up throw in between flights.
- If a thrower needed to check out during the event, please inform our event official upon check-in. Athletes **MUST** also tell our event official when they check out.
- Throwers will have one minute to complete their throw after their name is called. ● Schools must provide their own shaggers to retrieve their implements. Shaggers will remain outside of the throwing area
- All 6 throws from prelims and finals will be used to determine medals and final placing.
- Measurements for shot put will be recorded to the lesser $\frac{1}{4}$ inch & lesser inch in discus

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HIGH JUMP:

- Starting heights and raises are established by the MHSAA
 - <https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/2023/23%20qualifying%20standards.pdf>
- Jumpers will have one minute from the time their name is called.
- Tape is not allowed on the high jump surface. CHALK ONLY

LONG JUMP:

- Athletes will be assigned a number upon check in to aid in clerking of the meet.
- An open pit format will be used with jumpers given three (3) preliminary jumps
- The top nine (9) jumpers will advance onto the final, where they will be given an additional three (3) jumps.
- The finals will be contested 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your jumpers to stay in the area.
- All six (6) jumps from prelims and finals will be used to determine medals and final placing.
- No run throughs will be given after the start of the event. One run through will be allowed before the start of finals if desired.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY

POLE VAULT:

- Starting heights and raises are established by the MHSAA
 - - <https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/2023/23%20qualifying%20standards.pdf>
- Jumpers will have one (1) minute from the time their name is called.
- No run throughs will be given after the start of the event.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY